

Photo Treasure Hunt

If you're feeling anxious, nervous or a little stressed, it's a good idea to take a break with your camera and go for a walk! Observing nature up close is proven to reduce stress levels, anxiety and depression. Tuning in to our natural surroundings can also improve productivity, concentration, decision-making and general feelings of wellbeing.

Photography helps you to tune into nature and be present in the moment, taking notice of things around you that you may not otherwise see.



1 Go for a walk

Āta titiro ki te taiāo. Closely observe nature. Now see if you take the following photos:

<p>spiderweb</p> 	 <p>a reflection</p>
<p>nature 'timelapse'</p> <p>this could be a fern frond opening, a puddle evaporating or a shadow moving - take photos across a day or a week to create the timelapse effect.</p>	<p>something 'tiny'</p> <p>how close can you zoom in?</p> 
<p>colour</p> <p>find your favourite colour in nature</p> 	<p>what inspires 'awe' in you?</p> <p>Something beautiful? A raging sea? A crazy-looking insect? One of tānemahuta's giant trees?</p> <p>something 'awesome'</p>

Things to think about:

kua pēhea koe? how do you feel after spending time observing nature?

when you looked closely at nature, did it have a calming effect on you?

what is your favourite place in nature to go with your whānau?

did you see something in nature you hadn't noticed before?

2 Share the love!

Now share your favourite photos with your friends & whānau. They might send you one in return!

Aroha atu, aroha mai.

Love received, love returned.

